



Salmon-Apple Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.3 cup cilantro leaves whole finely chopped for topping
- ☐ 1 tablespoon curry powder
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons mayonnaise plus more for topping
- ☐ 0.5 cup panko breadcrumbs
- ☐ 4 potato buns split toasted
- ☐ 2 golden delicious apples grated peeled

- ☐ 1.3 pounds salmon fillet skinless cut into 1-inch chunks
- ☐ 3 medium shallots red finely chopped (or 1 small onion)
- ☐ 2 teaspoons butter unsalted plus more for the buns

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine the cider, apples, 2 shallots, 2 tablespoons vinegar, 1 teaspoon curry powder, and salt and pepper to taste in a saucepan and bring to a boil. Cook until the liquid evaporates, about 12 minutes; let cool slightly. Stir in 2 tablespoons chopped cilantro.
- ☐ Meanwhile, pulse three-quarters of the salmon in a food processor until finely ground.
- ☐ Add the remaining salmon; pulse until chopped.
- ☐ Transfer to a bowl; stir in the panko, mayonnaise and the remaining shallot, 2 tablespoons cilantro, 1 tablespoon vinegar and 2 teaspoons curry powder.
- ☐ Add salt and pepper. Form into four 1/2-inch-thick patties.
- ☐ Melt the butter in a large nonstick skillet over medium-high heat.
- ☐ Add the patties and cook until browned and cooked through, 2 to 3 minutes per side. Butter the buns and sandwich with the salmon burgers, mayonnaise, the apple relish and more cilantro.
- ☐ Serve with chips.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:56.69, Glycemic Load:7.77, Inflammation Score:-7, Nutrition Score:30.226955946373%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.27mg, Quercetin: 21.27mg, Quercetin: 21.27mg, Quercetin: 21.27mg

Nutrients (% of daily need)

Calories: 541.21kcal (27.06%), Fat: 18.66g (28.71%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 51.66g (18.79%), Sugar: 24.22g (26.91%), Cholesterol: 86.28mg (28.76%), Sodium: 543.83mg (23.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.15%), Selenium: 54.56µg (77.95%), Vitamin B12: 4.55µg (75.77%), Vitamin B3: 14.89mg (74.46%), Vitamin B6: 1.33mg (66.74%), Vitamin B1: 0.77mg (51.07%), Vitamin B2: 0.8mg (47.2%), Folate: 144.72µg (36.18%), Phosphorus: 342.62mg (34.26%), Potassium: 1025.28mg (29.29%), Vitamin B5: 2.61mg (26.06%), Iron: 4.15mg (23.07%), Copper: 0.45mg (22.73%), Fiber: 5.57g (22.3%), Calcium: 219.79mg (21.98%), Manganese: 0.37mg (18.56%), Vitamin K: 19.01µg (18.1%), Magnesium: 64.84mg (16.21%), Vitamin C: 11.26mg (13.65%), Zinc: 1.29mg (8.59%), Vitamin E: 0.83mg (5.56%), Vitamin A: 257.37IU (5.15%)